

Doris Wylie, Lothian Reflexology

Fertility Reflexology

What is Fertility Reflexology?

How can it help?

And everything else you need to know

Lothian Reflexology



07724 197627

www.lothianreflexology.co.uk

Introduction

Fertility issues will affect one in six couples who wish to have a family. Historically fertility has been considered to be a “woman’s” problem, but it’s always best to approach fertility as a couple. The facts are that one-third of fertility issues are due to female factors, one-third to male factor and the remaining third may be both female and male factor.

And taking longer to conceive than you’d hoped can place great strains on both partners and indeed on the relationship itself. Fertility is more than just a physical problem: it can create a myriad of mental and emotional pressures and stresses that in and of themselves can become obstacles to conception.

If you’ve begun your baby-making only to find it’s taking longer than you had hoped, you’ll know the kind of pressure it can cause.

And if you’ve discovered that a sibling, or family member, or someone at work has become pregnant, you’ll know how much extra pressure that can create.

And if you’re the last in your group of friends or family or work colleagues to get pregnant you’ll know how bad that can cause you to feel.



Fertility Reflexology is very relaxing and can help rebalance mind, body and spirit. And relaxation can help relieve some of the pressures you may feel around conceiving. So, although it can't be proven that stress prevents you from becoming pregnant, stress will pull down your physical, mental and emotional state and creates obstructions and barriers to optimum health and well-being.

Fertility Reflexology is not a medical treatment, nor a substitute for medical treatment. Always consult your GP.

What Is Fertility Reflexology?



Fertility Reflexology is a specialist technique within Classical Reflexology that has been designed to work with the endocrine reflexes to create balance within the system and promote vitality.

Classical Reflexology works on the principle that various parts of the feet relate to corresponding parts of the body and by working on the feet the treatment can connect with the related area of the body.

Classical Reflexology uses firm finger pressure on the feet and works on the reflected parts of the whole body, whereas in Fertility Reflexology the touch is much lighter, to take account of the fact that the reproductive organs are delicate and sensitive to changes in hormone levels. Fertility Reflexology also only focuses on the organs of the reproductive and hormone systems.

Fertility Reflexology is suitable, both for couples who wish to take a more natural approach to conception, or couples who are about to undergo assisted fertility treatment (IUI, IVF ICSI). It is a natural, non-invasive treatment that can help relax the mind and body, creating more favourable conditions for conception and can be comfortably undertaken alongside medical treatment.

Neither Fertility Reflexology nor indeed Classical Reflexology are supported by clear science based evidence of efficacy, so my personal recommendation is that you try it out for yourself – don't take anyone else's word, make up your own mind.

Fertility Reflexology is a specialist technique that has been designed to work with the endocrine reflexes to create balance within the system and promote vitality.

However, Fertility Reflexology cannot provide any guarantee of pregnancy.

Can Fertility Reflexology Help Me?

I've only just begun to think about starting a family

Pre-Conception

It's desirable, though not essential, for both partners to prepare for conception by following a healthy lifestyle: taking appropriate supplements; getting adequate exercise; following a healthy diet; avoiding alcohol and toxins; managing stress and managing weight.

Additionally, regular Reproductive Reflexology treatments can help with relaxation, restoring balance to mind and body and supporting any specific issues that may be impacting on fertility.

Prior to, or in conjunction with the first treatment, an initial consultation will be conducted. You will complete a questionnaire designed to uncover more about medical history, lifestyle and other pertinent factors about both partners.

The consultation will gather information but also impart advice about some of the most significant ways to improve fertility naturally. Clients can decide at this point whether they wish to proceed, in which case, a treatment programme can be agreed to meet the needs identified during this consultation process.

The **Lothian Reflexology Fertility Programme** recommends 12 weekly treatments, alongside 12 weeks of temperature charting. This will provide lots of information about a client's individual cycle and it will also help to demonstrate what, if any, effect the Reproductive Reflexology is having. Not only will temperature charting help to identify the fertile window, it will also indicate if the hormone cycle is sufficiently robust to support pregnancy.



It's helpful if you are planning to conceive for both potential parents to pay particular attention to their health and well-being.

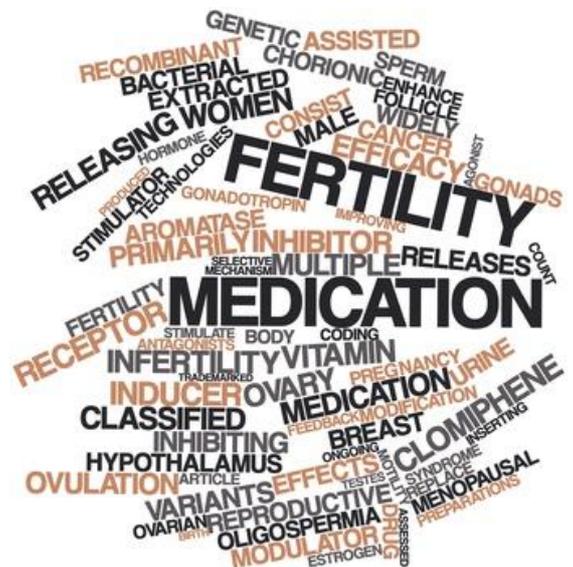
- Eat lots of fruit and vegetables (organic if possible)
- Avoid smoking, alcohol, caffeine, drugs, excessive levels of stress and toxins – check under the sink and in your bathroom cabinet, you'll be amazed and how toxic everyday items can be
- Avoid excessive exercise. In men it has the effect of increasing heat in the testicles and diverting testosterone production into muscle building rather than sperm production. In the ladies it can impact on hormone levels affecting fertility and ovulation.

I've been trying for a while and nothing has happened yet

Conception and Beyond

Once the body is in optimum condition, and assuming the pre-conception programme hasn't resulted in pregnancy, a conception programme can then be undertaken. This is likely to be less intensive than the pre-conception programme and more focused on a strategy which has been agreed in consultation with the client to support their specific needs.

Couples who have been trying for a while but have no experience of reflexology would benefit from the Pre-Conception programme – the high intensity of this programme offers a cumulative benefit not available with less frequent treatments.



Did You Know?

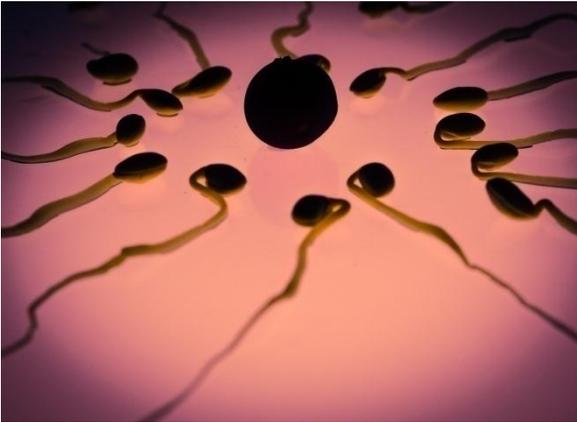
In 2007 a study (<http://1.usa.gov/1Scs9zd>) found that, "Each 2% increase in the intake of energy from trans unsaturated fats, as opposed to that from carbohydrates, was associated with a 73% greater risk of ovulatory infertility." Trans fats have also been implicated in lower sperm count and quality, as sperm cells can be extremely sensitive to diet and toxins.

So what are trans fats? They are rare in nature but common in food production. Trans fats are created with liquid oils are processed into solid fats like hard margarine, or commercial frying fats. And although you may not use margarine or solid frying fat at home, trans fats are extensively used in processed foods because they extend shelf life and also because they can be used repeatedly without breaking down.

Where might you find trans fats? They can be found in processed foods: cakes, pies, biscuits, crackers, bread, snack food, margarine, sweets, salad dressings, breakfast cereal and fast food. Just 4grams of trans fats a day could affect fertility! To give you an idea of what that means, a doughnut has around 5grams, a packet of crisps, 3grams and a portion of french fries 8grams.

To avoid trans fats check the label for hydrogenated or partially hydrogenated fats.





Assisted conception can be a stressful, uncertain and physically demanding choice. Fertility Reflexology can help smooth the way.

Assisted Reproductive Techniques

Unlike Classical Reflexology which tries to bring the body back into balance, Fertility Reflexology can accommodate those times when the body needs to be out of balance.

Assisted conception such as IUI, IVF or ICSI may require the body to be taken out of balance, for example, to stimulate ovulation. In such cases Fertility Reflexology is designed to support this imbalance and, hopefully, neutralise some of the side effects from strong medication.

Fertility Reflexology has different protocols for different assisted conception techniques to mirror the desired effect on the body. It can be tailored to the specific medical protocol and the individual client, and it can help the client relax and de-stress.

Depression and Fertility

It's not uncommon for the stresses and strains of fertility issues to cause depression.

“Evidence is mounting that not only are depressive symptoms a very common side effect of infertility, but they may also impede your chances of getting pregnant as well.” Alice D Domar PhD, Conquering Infertility. Listed below are some of the signs and symptoms to be aware of. If you experience more than 3 of these symptoms continually, please see your medical practitioner for assessment.

- * A continuous low mood
- * Irritability
- * Loss of interest in interests/hobbies
- * Feeling restless/hopeless
- * Loss of self-confidence
- * Difficulty in making decisions
- * Constant crying
- * Lack of energy/tiredness/lethargy
- * Feeling guilty
- * Change in appetite
- * Changes in sleep patterns
- * Loss of libido
- * Unexplained aches and pains

Does It Work?



There's no scientific evidence to say that Fertility Reflexology, Accupuncture, Herbs and Supplements or any other complementary approach works. All the evidence is anecdotal, but here's what my very first client had to say about Fertility Reflexology:

"My husband and I started seeing Doris after we'd been trying for a baby for several years. Not only did I find the reflexology relaxing but I found her advice incredibly helpful - from how to approach the situation in terms of my own mindset and approach to more practical matters such as the impact of diet and exercise. It made me generally feel less stressed about the situation. We're currently expecting our first baby and couldn't be happier." (name withheld).

And here's some press coverage:

<http://www.dailymail.co.uk/health/article-20980/Is-reflexology-new-cure-infertility.html>

<http://www.dailymail.co.uk/femail/article-2944746/Reflexologist-helped-couples-conceive-300-miracle-babies-ancient-Chinese-massage-technique.html>

And if the Daily Mail isn't sufficiently authoritative here's the University of Minnesota link:

<http://www.takingcharge.csh.umn.edu/explore-healing-practices/reflexology/what-does-research-say-about-reflexology>

In my view, it's important to make up your own mind and the only way to do that is to give Fertility Reflexology a go. You are the best arbiter of what does and doesn't work for you. And to help you decide, here are some Frequently Asked Questions:

What is the Lothian Reflexology Fertility Programme?

The **Lothian Reflexology Fertility Programme** consists of:

✓ An initial consultation

The purpose of this initial consultation is to gather as much relevant information as possible to ensure that the programme is as targeted to individual clients as it can be. As well as gathering information, the consultation also offers useful tips about lifestyle changes that may help improve fertility. Clients also often come away with tools to help manage stress and some of the emotional challenges they may be facing.

✓ 12 weekly treatments of Reproductive Reflexology

This programme is designed to maximise the benefit from Reproductive Reflexology. Sometimes clients have overly high expectations and don't give the treatments long enough to work, or are reluctant to commit to a weekly treatment plan. Those are personal choices and I'm happy to work with clients whatever decision they make. I do though, prefer to get positive results for clients, so the 12 week programme is designed to do this. I can't offer a guarantee and the only promise I can make is that I will use all my skill and knowledge to create the best possible outcome for my clients.

✓ Temperature charting by the client

Temperature charting involves taking a daily temperature reading with a fertility thermometer first thing in the morning. The temperature is recorded online on onto an app and the record of temperature readings provide useful information on individual fertility windows and progesterone levels. Clients using ovulation predictor kits find the temperature charting a useful way to check the accuracy of their kit. Temperature charting can also indicate if progesterone levels may be insufficient to support a pregnancy. If everything is as it should be according to the chart, but pregnancy is still not occurring, then it may give an indication that a problem lies elsewhere. If the client's cycle is irregular or too short or too long; if the client is not ovulating; if progesterone levels are short to sustain pregnancy; or if there are other issues which the client is experiencing that makes falling pregnant problematic, then the temperature chart allows the client to assess whether or not the reproductive reflexology is having a positive effect. If there is no demonstrable benefit from the reproductive reflexology then I'd be the first person to suggest some other route. Information about how to begin temperature charting will be given during the initial consultation.

✓ Lifestyle changes as required

The initial consultation can often highlight lifestyle changes which the client can put in place to improve the chances of conception. Many minor adjustments to lifestyle can add up to a big improvement in fertility levels. The rule of thumb is to make changes that are easy to do and don't cause stress or disrupt lifestyle too much. Clients will be given a 'Maximise Your Fertility Checklist@ and supporting information at the initial consultation to help them choose their priorities in this area.

Frequently Asked Questions

What's involved?

Fertility Reflexology involves the removal of socks and shoes. You lie on a special chair or a massage table. You'll have a chat about your medical history and lifestyle, or if it's a subsequent session, you'll be asked if anything's changed since the last session. Then the treatment will begin using a light finger pressure on the feet which many clients find relaxing.

How long will it take?

Normally a session lasts 45minutes – 1hour.

What if I've got a medical condition?

Often fertility issues are a consequence of other health conditions such as secondary amenorrhoea, endometrioses, PCOS, fibroids etc. Fertility Reflexology is flexible enough to take account of many of these conditions and the session can be adjusted accordingly. That's not to say that Fertility Reflexology can cure or treat these conditions, but rather that each condition is approached in an slightly different way in response to the effect the condition has on the body.

Do I need to do anything?

Ideally the Lothian Reflexology Fertility Programme is best supported by temperature charting. This involves taking your temperature first thing in the morning and uploading the results online or to an app. Temperature charting will be for 12 weeks, by which time it should be possible to see patterns in individual cycles and assess hormone levels at different times of the cycle. Temperature charting is a very useful tool, but if it becomes very stressful then it's not essential. The initial consultation may have highlighted changes in lifestyle that may prove useful and clients can choose to pursue these out with the sessions, but the most important job during a session is to just relax.

Do I have to commit to the 12 week programme?

No, not at all. You are very welcome to come along for one session and see how it goes. If you've already been temperature charting and have past charts that would be very useful to have at your initial consultation.

When is the best time to have a session?

The optimum time would depend on your personal circumstances. Regular treatments are most likely to generate the most positive results, but if time or finances were strained, then prior to ovulation would be the most effective time for a treatment.

I'm getting really stressed, will it help?

Yes, the treatment is relaxing in and of itself, plus the fact that you've taken some positive action to change your situation helps you to feel more in control.



Will my partner need to attend?

Not necessarily. Fertility is best approached as a couple issue, so ideally both partners will be present at the initial consultation, but it's not essential. If male partners are very stressed then reproductive reflexology or classical reflexology treatments may be beneficial – stress is not good for sperm health! If there is a male fertility issue, then it would be more beneficial for both partners to attend.

If you have any other questions that you'd like to ask, please email me at doriswylie@btinternet.com

How Do I Book A Consultation?



To book a consultation, or a treatment, or if you'd like more information, please contact Doris Wylie:

By Phone: 07724 197627

By Email: doriswylie@btinternet.com

Website: www.lothianreflexology.co.uk